

FERMENTERIA

FERMENTERIA IS AN ARTISANAL RESTAURANT, IN OUR KITCHEN WE PREPARE EVERYTHING HOMEMADE. WE ARE VERY ATTENTIVE TO HYGIENE AND CONTAMINATION AND AS A GUARANTEE OF THIS WE PRESERVE EVERYTHING VACUUM-PACKED. HOWEVER, WE ARE NOT CERTIFIED "GLUTEN-FREE" BECAUSE ALTHOUGH VERY CAREFUL THE FLOURS ARE VOLATILE AND COULD SLIGHTLY CONTAMINATE THE PREPARATIONS.

IF YOU TELL US YOUR NEEDS, HOWEVER, WE GUARANTEE THE UTMOST RESPECT IN THE CREATION OF YOUR DISH, USING DEDICATED POTS, TOOLS AND TOPS.

Allergen list:

Sauces:

Duck ragout: Duck meat, vegetable broth, extra virgin olive oil, white wine, **celery (celery and celery products)**, carrots, onion, herbs, lemon, pepper, salt.

If consumed in a restaurant, the following are used in the preparation of the dish: **Butter and Parmesan cheese (milk and milk-based products)**, aromatic herbs and extra virgin olive oil.

Cacio e pepe: 55% **milk (milk and milk products)**, 30% **goat's cheese (milk and milk products)**, 10% **butter (milk and milk products)**, 5% pepper.

Beef ossobuco ragout: 30% beef, 30% peeled tomatoes, 10% white wine, 5% extra virgin olive oil, 5% **celery (celery and celery products)**, 5% carrots, 5% onion, 3% salt, 3% pepper, 3% rosemary

If consumed in a restaurant, the following are used in the preparation of the dish: **butter (milk and milk-based products)**, **Parmesan cheese (milk and milk-based products)**, aromatic herbs, spices.

Tomato sauce: 59% peeled tomato, 20% onion, 10% extra virgin olive oil, 5% brown sugar, 5% garlic oil, 1% salt.

If consumed in a restaurant, the following are used in the preparation of the dish: extra virgin olive oil, aromatic herbs.

Smoked trout sauce: **Smoked trout with salt, brown sugar, lemon, dulse seaweed, extra virgin olive oil (fish and fish products)**, **fresh cream, butter (milk and milk products)**, chives.

Mushrooms sauce: Mushrooms, water, onion, extra vergin olive oil, potatoes, garlic, salt, pepper

If it is consumed in the restaurant we add: **Butter, parmesan cheese, smoked ricotta cheese (milk and mil prodoucts)**

Carbonara sauce: **milk cream, parmesan cheese (milk and milk-based products)**, **eggs (eggs and eggs-based prodoucts)**, gaunciale

FRESH PASTA AND BAKERY PRODUCTS

Fresh pasta: 33% durum wheat semolina (cereals containing gluten), 16.5% wheat flour 0, 16.5% flour2 (cereals containing gluten), 33% fresh eggs and pasteurized yolks (eggs and egg products).

Fresh red pasta: 33% durum wheat semolina (cereals containing gluten), 16.5% wheat flour 0, 16.5% flour2 (cereals containing gluten), 33% fresh eggs and pasteurized yolks (eggs and egg products), tomato powder.

Fresh pasta with vegetable charcoal: 33% Durum wheat semolina (cereals containing gluten), 16.5% wheat flour 0, 16.5% flour2 (cereals containing gluten), 33% fresh eggs and pasteurized yolks (eggs and egg products), vegetable charcoal.

Bread: 30% Water, 20% durum wheat flour 2, 20% wheat flour 0 durum wheat, 15% extra virgin olive oil, 10% salt, 5% brewer's yeast.

Brioche bread: 30% durum wheat flour 2, 30% wheat flour 0 durum wheat, 10% eggs (eggs and egg products), 10% water, 5% butter (milk and milk products), 5% milk (milk and milk products), 5% cane sugar, 2.5% salt, 2.5% brewer's yeast.

Butter croissants: Wheat flour 0 40%, wheat flour 2 20% (cereals containing gluten), butter 15% (milk and milk products), water 10%, cane sugar 5%, eggs 5% (eggs and egg products), honey 2%, brewer's yeast 2%, milk 0.5%, salt 0.5%.

If eaten in a restaurant, it is served with: **goat's cheese (milk and milk-based products)**, cooked ham, *cocktail sauce (see sauces)*, *teriyaki salad (see vegetables)*.

Hamburger bread: 54.5% Wheat flour 0 durum wheat (cereals containing gluten), milk 20% (milk and milk products), 20% water, 2.5% butter (milk and milk products), 2.5% cane sugar, salt 0.5%, sesame (sesame and sesame products). It is brushed before cooking with yolks (eggs and egg products), milk (milk and milk products).

Sliced bread: 54.5% 0 durum wheat flour (cereals containing gluten), milk 20% (milk and milk products), 20% water, 2.5% butter (milk and milk products), 2.5% cane sugar, salt 0.5%.

Corn dumplings: milk, parmesan, butter (milk and milk products), eggs (eggs and egg products), corn flour, cornstarch, salt, nutmeg.

Meat:

Pork ribs with paprika and barbecue ketchup: 60% pork, 20% homemade barbecue ketchup (see sauces), 10% sweet paprika, 5% salt, 2.5% extra virgin olive oil, 2.5% garlic oil.

Beef tartare: 100% Knife-minced beef.

If consumed in a restaurant, the following are used in the preparation of the dish: salt, pepper, extra virgin olive oil, aromatic herbs, pickled cucumbers: gherkins, vinegar, agave juice, sea salt, dill, **mustard seeds (mustard and mustard products)**, onions, chilli; caper fruits: caper fruits, water, wine vinegar, salt, acidity regulator citric acid; olive pate: black olives, extra virgin olive oil, salt, natural flavors and citric acid; **Mustard***, **homemade brioche bread (see recipe PG 2)**, **fried egg (eggs and egg products)**, **butter (milk and milk products)**, fresh horseradish and white wine vinegar.

Beef burgers: Selected and minced beef.

If eaten in a restaurant, it is served with **hamburger bread (see recipe pg 2)**, **omelette (eggs, bacon, parmesan, butter, salt and pepper)**, salad, tomato.

Breaded chicken thigh: Chicken, salt, brown sugar

If consumed in restaurants, the following are added: **wheat flour, bread (cereals containing gluten), egg (egg and egg products).**

Version with gluten-free ingredients: Gluten-free flour and bread, **egg (egg and egg products).**

Beef meatballs: Minced beef, **bread (cereals containing gluten), milk, cream, Parmesan cheese (milk and milk-based products)**, red onion, seasoned bacon, basil, parsley, salt.

Serve with *tomato sauce (see recipe on sauces).*

Smoked rump: Bovine rump, salt, herbs, pepper, brown sugar

If consumed in restaurants, **herb butter (milk and milk products) is added.**

Sausage: Pork, salt, pepper, flavorings

Mustard*: mustard seeds (**mustard and mustard products**), vinegar, water and salt.

Vegetables

Steamed potatoes: 95% potatoes, 5% salt.

If consumed in a steamed restaurant, extra virgin olive oil, salt, pepper are added.

If consumed in a baked restaurant, extra virgin olive oil, garlic oil, salt, pepper, rosemary are added.

Steamed green zucchini: Zucchini, salt.

Fermented onion: Onion, salt.

Red beetroots puree: Red beetroots, water, potato, extra virgin olive oil, white wine vinegar, salt.

Steamed green beans: Green beans, salt.

Mashed peppers: Peppers, extra virgin olive oil, onion, potatoes, balsamic vinegar, garlic, salt.

Steamed peas: Peas, salt.

Mashed lettuce: lettuce, potato, extra virgin olive oil, salt.

Steamed eggplant: Eggplant, extra virgin olive oil, garlic, salt, pepper.

Roasted tomatoes: Tomatoes, lemon, garlic extra virgin olive oil, salt

Steamed chicory: Chicory, salt

Vegetable tartare: Zucchini, peppers, **celery (celery and celery products)**

If consumed in restaurants, the following is added: olives, *datterini emulsion (see sauces)*, *fermented onion (see vegetables)*, **semi-wholemeal bread (cereals containing gluten) see bread recipe**; **vegetable mayonnaise (see sauces)**

Single dishes

Eggplant: Eggplant, lentil hummus: lentils, water, garlic extra virgin olive oil, curry, salt, garlic; steamed quinoa, **toasted sesame (sesame and sesame products)**.

Green beans : Green beans, salt; steamed millet, raisins, steamed chickpeas, turmeric; Mashed peppers: Peppers, extra virgin olive oil, onion, balsamic vinegar, garlic, salt; Balsamic caramel: brown sugar, balsamic vinegar, basil.

Corn couscous: Steamed corn couscous, black beans, extra virgin olive oil with garlic, lemon, parsley, paprika, red beetroots puree, **yogurt (milk and milk-based products)**.

FISH:

smoked trout: Trout (fish and fish products), salt, cane sugar, lemon peel, dulse seaweed, extra virgin olive oil

fish tartare: Fish, semi-wholemeal bread (cereals containing gluten), cucumbers, chives, *datterini emulsion (see sauces)*.

Smoked trout tartare: Trout (fish and fish products), salt, cane sugar, lemon peel, dulse seaweed, extra virgin olive oil, semi-wholemeal bread (cereals containing gluten), robiola (milk and milk-based products), olive pate, seaweed.

Sauce:

Homemade mayonnaise: 50% extra virgin olive oil, **30% pasteurized eggs 30 min at 68°C (eggs and egg products), 10% mustard (mustard and mustard products)**, 3% white wine vinegar, 3% lemon juice, 3% salt.

Balsamic vinegar caramel: 60% balsamic vinegar and 40% cane sugar

homemade barbecue ketchup: 40% peeled tomatoes, 15% onion, 10% brown sugar, 10% wine vinegar, 5% sweet paprika, 5% salt, 2.5% balsamic vinegar, *soy sauce 2.5%: soy (soy and soy products)*, sea salt, salted shochu (water, rice, salt, koji), 5% **mustard (mustard and mustard products)**, 5% black garlic, 2.5% garlic, 2.5% chilli.

Horseradish sauce: 70% horseradish root, 30% white wine vinegar.

Parsley oil: Extra virgin olive oil, parsley, extra virgin olive oil with garlic, garlic, salt.

Tomato caramel: brown sugar, tomato, water

Citronette: extra virgin olive oil, lemon juice, **mustard (mustard and mustard products)**, salt, pepper.

Vegetable mayonnaise: **soy drink (soy and soy products)**, extra virgin olive oil, **mustard (mustard and mustard products)**, lemon juice, white wine vinegar, turmeric, salt;

Plum emulsion: Datterini tomatoes, extra virgin olive oil, extra virgin olive oil with garlic, balsamic vinegar, salt.

Sweets

Tiramisu:

50% *for the cream*: 35% **cream**, 35% **mascarpone (milk and milk products)**, 20% **eggs (eggs and egg products)**, 10% brown sugar.

+30% *For ladyfingers*: 35% **eggs (eggs and egg products)**, 30% brown sugar, 25% rice and buckwheat flour, 5% lemon, 5% vanilla.

15% Soaked in 100% Arabica coffee and 5% dusted with bitter cocoa.

Buckwheat sabla:

Buckwheat flour, **butter (milk and milk products)**, brown sugar, **eggs (eggs and egg products)**, baking powder, salt, cardamom +

Gianduja chocolate mousse: **Cream (milk and milk products)**, juandua chocolate: cocoa mass, **hazelnuts (nuts)** cane sugar, cocoa butter, cocoa 70% minimum, isinglass +

crème fraiche (milk and milk-based products) +

peanut butter (nuts)

Sprinkle with cardamom powder.

Orange and vanilla baked cream: Milk, **lactose-free cream (milk and milk products)**, **eggs (eggs and egg products)** sugar, orange, vanilla. Served with fresh passion fruit.

Fruit tart: Shortcrust pastry: **Soy flour (soy and soy products)**, corn flour, corn starch,

Date syrup, brown sugar, sunflower oil, **soy vegetable drink (soy and soy products)**, **almonds (nuts)**, baking powder, lemon, vanilla, salt.

Custard: **vegetable drink of soy (soy and soy products)**, corn starch, brown sugar, lemon, vanilla, turmeric.

Fresh seasonal fruit, **caramelized almonds (nuts)**, strawberry powder

Apple and ginger jam: 60% apples, 20% brown sugar, 15% ginger, 5% lemon.